The power of positive living

HIV-AIDS activist Bradford McIntyre didn't set out to win any prizes, but he'll be heading to Ottawa next month to collect a Diamond Jubilee medal PAGE 6

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VANCOUVER metro®

Monday, October 22, 2012

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Whitecaps heading to playoffs

First Canadian team to make it. Seattle's rout of Dallas saves Vancouver after lacklustre showing against Portland

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps made history on Sunday evening, but the mood was one of relief more than triumph.

The Whitecaps fell 1-0 to the Portland Timbers, but managed to qualify for the 2012 Major League Soccer playoffs, a feat no other Canadian team has accomplished, thanks to a 3-1 Seattle Sounders victory over Dallas in the Emerald City a little more than two hours later.

The Whitecaps came into the game needing only a win over the Timbers to secure a playoff spot. But the listless Vancouver side managed just six shot attempts — only two in the first half — and failed to seize the opportunity before a capacity crowd of 21,000 fans at BC Place Stadium.

"For some reason … I don't think we even started at all tonight. There was not too many chances for us," striker Kenny Miller said. "There just seemed to be something missing tonight."

Timbers midfielder Jack Jewsbury scored the lone goal of the match when, from about 25 yards out, he rocketed a kick past Whitecaps goalkeeper Brad Knighton and into the top corner in the 39th minute.

"I thought we defended really well," Knighton said. "It's just one lapse and one wonder goal and we're picking the ball out of the back of our net."

The Whitecaps, who hadn't played in 18 days, owing to an international break in the schedule, were then forced to await the outcome of the Seattle Sounders FC match against FC Dallas.

A Dallas loss meant the Whitecaps would be playoff-bound. A Dallas victory, and the Whitecaps would have one more chance of cracking the playoffs in their last match of the regular season against Real Salt Lake on Saturday.

Head coach Martin Rennie said he's happy the team is going to the playoffs, even though the Whitecaps' fate was decided by two teams playing three hours south of Vancouver.

"I feel really good about it. From the start of the season, that was our goal, to get into the playoffs," he said.

"I think that taking over a team that was last in the table and had a poor record last season, it's actually quite a big achievement to make the playoffs."

Bright Dike, left, of the Portland Timbers and Jay DeMerit of the Vancouver Whitecaps battle for the ball during their MLS game on Sunday afternoon at BC Place Stadium. Portland won 1-0, but Vancouver still qualified for the playoffs. JEFF VINNICK/GETTY IMAGES

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Civil disobedience

Activists ready for show of force against Enbridge's proposed pipeline

More than 1,000 protesters are ready to "cross the line" at an anti-Northern Gateway demonstration at the legislature Monday.

Approximately 4,000 people have now registered to take part in the high-profile Defend Our Coast day of action in Victoria.

Most of the participants — endorsed by likes of actress Ellen Page, environmental groups, unions and activists — will be simply protesting, but Forest Action Network's Zoe Blunt said Sunday more than 1,000 are ready to engage in civil disobedience and tempt the law to show their opposition to Enbridge's proposed pipeline.

"I've never seen people so adamant about an issue in my lifetime," said Blunt, who was running protesters through a civil-disobedience training course on Sunday.

"It's really extraordinary. I've never seen such broad and deep support, but also such strong opposition.

"A lot of people don't just oppose the pipeline, they're willing to do something to stop it."

Blunt expects the action to be one of the biggest acts of civil disobedience in the country's history.

The peaceful protest and rally begins at 11 a.m. on the lawn of the legislature.

Activists then plan to break off from the rally and start their action, which may include a sit-in, at noon.

MATT KIELTYKA/METRO

George Heyman wins the NDP nomination Sunday afternoon to run for Vancouver-Fairview in the May 2013 provincial election. He received 221 votes to Geoff Megg's 161 at the nomination convention. EMILY JACKSON/METRO

Heyman beats Meggs for NDP nomination

Vancouver-Fairview. Political newcomer beats out Vision Vancouver councillor Geoff Meggs

EMILY JACKSON
vancouver@metronews.ca

NDP supporters chose political newcomer George Heyman as their best bet to win the Vancouver-Fairview seat in the upcoming provincial election.

In a close race with no clear underdog, Heyman, the former president of the B.C. Government and Service Employees' Union, beat Vision Vancouver councillor Geoff Meggs to win the NDP nomination at a convention Sunday.

"We are going to push the Liberals out of office in British Columbia and we are going to win Vancouver-Fairview," Heyman said in his victory speech.

Though Meggs' supporters were disappointed with the result — and somewhat surprised, considering Meggs has experience on city council whereas Heyman had never run for public office before — they plan to throw their support behind Heyman.

"We're all on the same team, no matter who wins," said longtime Fairview resident and NDP supporter Monica Malcolm, 42.

The riding has bounced between Liberal and NDP MLAs for the past decade and will certainly be hotly contested in the May 2013 election.

But both Heyman and Meggs had strikingly similar platforms that condemned the Enbridge pipeline, called for Liberal accountability and focused on education. Neither man resides in Fairview.

But Heyman's efforts going door-to-door for more than a year may have given him the edge.

"It's time for a good change, something new," said Heyman-supporter Stephan Degrace, 49.

If the NDP continues to gain momentum across the province, Heyman has a good shot at winning the seat.

Upcoming election

Nearly half of B.C. voters (49 per cent) plan to vote NDP in the next election, suggested an Angus Reid poll taken in mid-October. The Liberals trailed behind with 26 per cent support.

- **The tally.** Heyman, who will step back from his role at the Sierra Club, won the nomination with 221 votes. Meggs received 161 votes.
- **Defeat.** Meggs said he will continue his work on city council. He will not seek a nomination in another riding.

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TV ads. Church looking for lost parishioners

The Catholic church in Vancouver is appealing to the religion's straying flock to come back into the fold.

The Catholics Come Home campaign, developed by a non-profit organization in Atlanta, used television ads to reach out to lapsed parishioners.

This is the first time they've partnered with a diocese outside the United States.

Vancouver Archbishop J. Michael Miller says the goal is to help those who've stopped going to mass to rediscover the joy of faith.

From Dec. 14 to Jan. 20, nearly 1,700 commercials will air in English, Mandarin and Cantonese across Metro Vancouver and Victoria.

CKNW/THE CANADIAN PRESS

Search and rescue

Lost hunter found on backcountry road

A hunter lost in the woods near Cache Creek has been located by search and rescue personnel.

The 20-year-old man from Surrey became separated from four fellow hunters on Friday night.

Alan Hobler of Kamloops Search and Rescue says the young man, dressed in a light hooded sweatshirt without any survival gear, was extremely cold but otherwise OK.

THE CANADIAN PRESS

Missing receipts

Audit probes $226K in expenses by bureaucrat

More than $200,000 in expenses for a bureaucrat within the B.C. Justice Ministry are under review after a failure to produce expense receipts for more than half of the bill.

Documents released under a freedom of information request say the unnamed bureaucrat was the subject of an internal review for spending $226,000, yet receipts couldn't be found for $118,000. THE CANADIAN PRESS

Two men injured after shooting in East Van

Taken to hospital. Both victims were known to police

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Two men in their 20s are recovering in hospital after an apparent targeted shooting early Sunday morning near Commercial Drive.

Two 911 calls alerted police about gunshots in the 1600-block of East 5th Avenue shortly before 7 a.m.

One victim was found on the street suffering from a gunshot wound and another wounded man was found in the lobby of a nearby two-storey apartment building.

Quoted

"It's not a quiet neighbourhood. There's been lots of different incidents around here."

Kevin Desjardins, who works in the area where the shooting occurred

Two VPD officers wait outside an apartment building where a man was found with gunshot wounds early Sunday morning. Two men were taken to hospital after a shooting at East 5th Avenue near Commercial Drive.
PHYLICIA TORREVILLAS/METRO

Both were rushed to hospital with undisclosed injuries.

"We don't believe that this was random," said VPD spokesperson Sgt. Randy Fincham. "With the evidence we have, it leads us to believe they were targeted."

"Both men were known to police," he added. "We don't know if the men were known to each other."

Kevin Desjardins, who works as a cook at Tangent Café at the corner of Commercial and 5th Avenue, said he came out for a smoke at around 6:30 a.m. when he saw Vancouver police officers apprehend a man.

"The police had the guy handcuffed against a tree," he told reporters from the back of the café. "They bandaged up his arm up around his chest. They asked him if he was OK, but he didn't really respond."

"He was a tall white guy with a shaved head wearing a (white undershirt)," he said, adding he later saw another person being brought out on a stretcher.

Desjardins said they didn't hear any shouting or gunshots, but wasn't surprised that a shooting happened in the area.

"It's not a quiet neighbourhood. There's been lots of different incidents around here," he said.

No arrests had been made and there was no suspect information at press time.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

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Accentuating the positive leads to national honour for HIV activist

Diamond Jubilee medal. Bradford McIntyre went from fear and isolation to devoting his life to others with HIV/AIDS

MATT KIELTYKA
matt.kieltyka@metronews.ca

Bradford McIntyre apologizes for letting emotions get the better of him as he talks about his upcoming trip to Ottawa.

He tries to hold back tears, but speaking becomes difficult and laboured.

Just thinking about his life and everything that has led to his being named a recipient of the Queen Elizabeth II Diamond Jubilee medal is enough to conjure up triumphs, disappointments and memories of friends long gone.

He needs a second to compose himself. You can't really blame him.

Diagnosed with HIV in 1985, McIntyre was given six months to live. Six months turned into 18, 18 turned into two years, which turned into four years.

After spending the better part of a decade living in fear and isolation, he had an epiphany in 1994 that set him on a path that will culminate with his being awarded the Diamond Jubilee Medal in Ottawa on Nov. 27, for a lifetime of exceptional commitment to HIV-AIDS work.

"I was standing there and thought of all the people that were doing something in their lives to make a difference," McIntyre, now 60, recalls. "The only difference between us is that they were doing it and I wasn't."

He got on the phone, put himself in the public spotlight and went public with his message of how living with the stigmatized infection doesn't have to be a death sentence.

He started an international HIV-AIDS newsletter, Positively Positive, helping people afflicted with the disease to lead healthy lives, physically and emotionally.

He's one of the lucky ones who have survived long enough for medicine to catch up. Now, therapies are available that keep viral loads down to minimal levels and allow patients to lead normal lives.

McIntyre, for example, is happily married to his partner, Deni Daviau, with little fear of passing the infection on to him.

But it's not the same everywhere in the world, which is why McIntyre continues to write about HIV health issues to readers around the world.

"I'm doing what I'm doing because of the people that aren't with us anymore," he said. "I never wished for, thought up or planned all the things I've done in the last 20 years. If someone asked me to speak about my experiences, I just said yes, and it led to something else."

It's been a memorable trip.

Deni Daviau, left, and Bradford McIntyre have been happily married and healthy for 11 years, even though McIntyre is HIV-positive. MATT KIELTYKA/METRO FILE

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Foodies flock to the Sustenance Festival

Carnival. Sixteen street-food vendors were brought out on the last day of the event

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Foodies braved a rainy Sunday to get their hands on Vancouver's hottest street food options.

The Sustenance Festival, which celebrates food innovation in the city, ended its 11-day event with what they're calling as the largest street food gathering in the city.

The Vancouver street-food carnival brought out 16 popular street-food vendors to the Roundhouse Turntable Plaza in Yaletown.

Vito Pun, who shared a pig LT sandwich, bacon pizza, pork belly and a Mexican platter with his four friends, said he likes the idea of having a large gathering where people can easily access all the different food carts.

"It's great because it makes the city more exciting," he said.

Brenda Racanelli, arts programmer of the Roundhouse Community Centre, said the vendors love the location and the indoor seating areas are perfect during a rainy Vancouver day.

She said they might make the food carnival an annual event given the great turnout.

Mark Cothey, owner of food truck Pig on the Street, said it was great that a lot of people came despite the pouring rain.

"I think it's always fantastic when the city gets everybody together and we all have a chance to share our wares," he said. "Everybody gets a chance to look at what's out there."

People flock to the Vancouver street-food carnival at the Roundhouse Turntable Plaza in Yaletown Sunday. The food carnival is part of the 11-day Sustenance Festival, a citywide celebration of Vancouver's food landscape.
PHYLICIA TORREVILLAS/METRO

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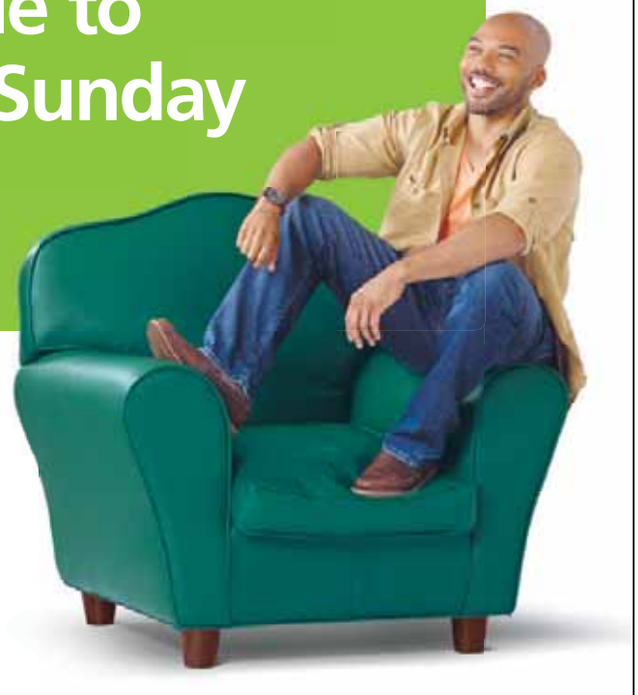

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Contract

B.C. nurses union vote to ratify two-year agreement

B.C.'s 32,000 nurses have voted to accept a new two-year contract agreement that gives them more wages and a reduction in work loads.

Nurses approved the contract by almost 85 per cent that provides a three-per-cent wage increase and a longer work week of 37.5 hours in order to reduce overtime hours.

THE CANADIAN PRESS

Accident

Head-on crash kills 1, hurts 4 near Roger Pass

One person is dead and four others are injured after a two vehicle crash along Highway 1 near the Rogers Pass.

Revelstoke RCMP Sgt. Kim Hall says the head-on crash happened about 10 a.m. Friday in slushy conditions.

Hall says it was snowing heavily in the area.

She says the crash involved a truck and a car.

THE CANADIAN PRESS

Funding. B.C. man leaves money in his will for war criminal Omar Khadr

A British Columbia man says he's leaving Omar Khadr some money in his will, even though he thinks the Canadian war criminal wouldn't approve of his lifestyle as a gay atheist.

Jack Hallam of Salt Spring Island says 26-year-old Khadr could put the money towards funding his education now that he's been repatriated to Canada after being held at a U.S. military prison in Guantanamo Bay for a decade.

Hallam says he has set aside $700 for Khadr because he thinks the Toronto-born man has been treated badly by both the American and Canadian governments.

Hallam says he has spoken to Khadr's tutor in Alberta and may increase the amount of money he leaves the former child soldier. THE CANADIAN PRESS

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Halloween no longer a PR nightmare for cats

Some animal welfare groups are promoting the adoption of black cats in October. SETH CASTEEL/THE CANADIAN PRESS FILE

Black, orange and calico felines. Until recently there were concerns they could be abused if adopted over Halloween

Bans on the adoption of black cats on Halloween were commonplace until a few years ago as many worried the animals would be harmed by pranksters or animal abusers.

But animal-welfare activists say the dark-coated felines are proving they aren't as much of a target this time of year as previously thought. Now, at least two major animal-welfare groups are deliberately promoting the adoption of black cats in October, saying the furry felines could use the marketing boost.

"Realistically, we've consulted with our investigations department and they don't see an increase of cat-cruelty cases," said Alison Cross, senior communications manager at the Ontario SPCA.

The group is offering a $5 discount on black, orange and calico cats in the days leading up to Halloween, and dismisses concerns about the animals being at risk.

THE CANADIAN PRESS

Urban myth

"All this urban myth was doing was preventing us from getting black cats into homes.... It wasn't actually doing anything to deter people who are trying to get cats for bad purposes."

Melanie Coulter, executive director of Windsor/Essex County Humane Society

It wasn't alcohol: Cops

Relative shoots girl, 9, thought she was a skunk: Cops

Police say a costumed nine-year-old girl was accidentally shot outside a western Pennsylvania home during a Halloween party by a relative who thought she was a skunk.

New Sewickley Township police say the girl was over a hillside and wearing a black costume and a black hat with a white tassel. Chief Ronald Leindecker says a male relative mistook her for a skunk and fired a shotgun, hitting her in the shoulder Saturday night. Leindecker says the girl was alert and talking when she was flown to a hospital in Pittsburgh.

THE ASSOCIATED PRESS

Underwater pumpkin carving

Cat Rambo carves her interpretation of Republican presidential candidate Mitt Romney at the Underwater Pumpkin Carving Contest Sunday, in the Florida Keys National Marine Sanctuary off Key Largo. Organized by the Amoray Dive Resort, the event attracted 42 divers who participated or watched. BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

A man who had been accused of domestic violence and slashing his wife's tires took a gun into the spa where she worked and shot seven women, three fatally, before killing himself, a police chief said.

The shootings set off a confusing, six-hour search Sunday for the gunman that locked down a nearby mall, a country club adjacent to the spa and the hospital where the survivors were taken. The search froze activity in a commercial area in Brookfield, a middle- to upper-class community west of Mil-

Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. COURTESY OF BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

waukee, for much of the day. Ultimately, he was found dead in the spa.

Authorities said it would take time to sort out exactly what happened, and emphasized they were still interviewing witnesses and rescuers and did not have a firm timeline of events. At a news conference Sunday night, Mayor Steve Ponto called the shootings "a senseless act on the part of one person."

The chaos started around 11 a.m. at the Azana Day Spa, a two-storey, 9,000-square-foot building across from a major shopping mall. The first officers on the scene found the building filled with smoke from a fire authorities believe was set by the suspect, Radcliffe Franklin Haughton, 45, police Chief Dan Tushaus said.

The bodies of the victims were found in the spa. Tushaus said investigators were still working to identify them. It wasn't clear if the man's wife was among the victims.

Haughton had recently been arrested after witnesses identified him as the person who slashed his wife's tires, police said.

He appeared in court Thursday. A four-year restraining order was issued, and Haughton was ordered to turn any firearms over to the sheriff's department. THE ASSOCIATED PRESS

Aboriginal saint a first for Canada

Nuns hold images of Kateri Tekakwitha, Canada's first aboriginal saint, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI in St. Peter's Square at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

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Cuba. Rumours of Fidel Castro's death greatly exaggerated

Former Venezuelan Vice-President Elias Jaua said Sunday that he met with aging revolutionary icon Fidel Castro for five hours and showed The Associated Press photos of the encounter, quashing persistent rumours that the former Cuban leader has died, was on his deathbed or had suffered a massive stroke.

Jaua also confirmed that the 86-year-old retired Cuban president accompanied him to the Hotel Nacional after their meeting Saturday, in which they talked about politics, history, culture and tourism.

Jaua showed a photograph of himself in a minibus along with the former Cuban leader, Castro's wife, a hotel executive and several other people. The photo shows Jaua and Castro smiling broadly, and the former Cuban leader is wearing a checked shirt and cowboy hat.

The public appearance was Castro's first in months. He has also ceased writing his once-constant opinion pieces, the last of which appeared in June. THE ASSOCIATED PRESS

Opening doors

Cuba risks exodus with market reform

Cuba seems to be betting that its decision to allow most of its citizens to travel abroad freely will be good — not disastrous — for its economy.

The announcement comes as the communist island nation carries out a cautious free-market experiment to reform Cuba's economy. The measures include a plan to fire one million state workers and allow more entrepreneurship.

Cuba's leaders seem confident that lifting exit-visa requirements will not produce an embarrassing exodus. Instead, experts say, a controlled migration might provide an outlet for unemployed workers, and Cubans might return with experience in market economies. THE ASSOCIATED PRESS

Protests in Lebanon turn violent over assassination

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese protesters are enveloped in tear gas on Sunday as they pull a barbed-wire barrier during clashes after the funeral of Brig. Gen. Wissam al-Hassan, who was assassinated Oct. 19 by a car bomb in Beirut. HUSSEIN MALLA/THE ASSOCIATED PRESS

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official, who was killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear gas canisters, former Prime Minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in Lebanon and deepened tensions between supporters and opponents of President Bashar Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his bodyguard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

Security officials have said six others were killed in the bombing, and scores were wounded. But Lebanon's National News Agency said on Sunday that the final death toll was three: al-Hassan, his guard and a civilian woman. THE ASSOCIATED PRESS

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Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO

Capitalizing on Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and profit from stability

ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, Governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international demand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

Africa outpaces the world

Of the world's 10 fastest-growing economies, eight are African:

1 Ghana: Strengths are agriculture (predominantly cocoa), oil, tourism
2 China
3 Republic of Congo: Strengths are oil, minerals, engineering
4 Ethiopia: Strengths are agriculture (predominantly coffee), textiles, manufacturing
5 India
6 Mozambique: Strength is aluminum
7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing
8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals
9 Democratic Republic of Congo: Strengths are agriculture, minerals, construction
10 Zimbabwe: Strength is mining

KEEPING IT FARE AND SQUARE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Are there really 2.5 million dishonest people in Vancouver?

That's more than the entire population. But the fare button doesn't lie. Last year, transit drivers pushed the "unpaid" button 2.5 million times, each of those pushes representing a theft by someone.

It may seem like a nickel and dime kind of crime, but the coins add up — unpaid fares cost Translink more than $14 million if you add fare evasion on the buses and SkyTrain together.

The consequences of ripping the system off are abundantly clear: Just think about how many long waits, crowded buses and extra taxes we could eliminate if everyone just paid their fare share.

The next time you (you know who I mean) waltz onto the bus, sit down, plug in and zone out, think about exactly what your little un-fare protest means to everyone else around you. And try not to look too embarrassed.

Hiking the cost for everyone

The next time you ... waltz onto a bus, sit down, plug in and zone out, think about exactly what your un-fare protest means to everyone else around you.

It costs us all for TransLink to eradicate petty theft. They can put in fare gates at SkyTrain station — with a price tag of at least $100 million — but that's not going to do anything about the buses. Obviously, new buses will have to be built and old ones retrofitted so that passengers won't be able to get on the bus until they pay up front. That's how it happens in London where they've had centuries to learn not to trust human nature.

Eventually, all the king's horses and all the king's transit police will wrestle this problem to the ground, but it's a sad story, isn't it? The saddest part is that the fare evaders have convinced themselves they're cool pirates: Sticking it to the man, protesting indifferent service, or just too poor to pay. Anything but calling it what it really is.

Theft is what it really is, and there's nothing rakish or glamourous about it. If you'll cheat the fare box what (or who) else will you cheat? Never mind what your theft does to the rest of us, what does it do to you? Does it feel good all the way down?

Didn't think so.

The thing is, it's getting worse, not better. It may be a simple matter of population growth, but the extent of the theft has gone up every year since 2008, when bus cheats were one-third less than they are today.

Theft has gone viral.

Look, whatever you think about TransLink, it's not TransLink's fault. It's the fault of every single individual who fails to pay. So what if TransLink sucks (if it actually does suck)? Is the solution to suck more than TransLink?

I rest my case. Just pay the fare. And give up your seat to that nice little old lady. Stat!

Not-so-smart cookie

That sweet tooth could rot your brain, study says

Bad news sugar lovers: a diet high in fructose won't just make you fat; it may also make you stupid, according to research out of California.

A steady high-fructose diet disrupts the brain's cognitive abilities, leading to poor learning and memory retention, says a study by Fernando Gomez-Pinilla, a neurosurgery professor at the David Geffen School of Medicine at UCLA and Rahul Agrawal, a visiting UCLA postdoctoral fellow from India.

"This type of diet. . . (affects) the transmission of information across cells. . . . Learning and memory and practically any type of brain function depend very much on how transmission is transported across cells," Gomez-Pinilla said in an interview with Torstar News Service.

Research has already proven a high-fructose diet leads to a slew of health concerns, including obesity, diabetes and fatty liver.

TORSTAR NEWS SERVICE

Rage against the machine

KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This angry elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elks (bulls) are trying to attract the attention of female elks (cows) to breed with.

"In the process of trying to win over a harem, the elks battle each other," the photographer, Keith Crowley, explained. METRO

Photographer's viewpoint

"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin.
Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elks one evening.

Elk

- **Population in Yellowstone.** Most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.
- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to 'perfume' themselves to attract mates. Bulls spar each other with antlers and cry out a series of low pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."

Metropolitan Panel

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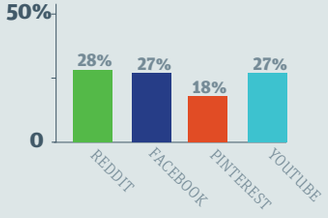
What's the best time-waster website?



Twitter

@BrentButt:
It's my gorgeous, brilliant, talented, saintly, sexy wife Nancy's birthday today. HAPPY BIRTHDAY MRS.!!!

@RoadTestRuss:
Vancouver to Toronto on @westjet but the plane had NO entertainment systems. Some warning would have been nice at booking. #majorfail

@WhitecapsFC:
"Whitecaps, and their fans, are right about where they hoped to be nine months ago: together, with a massive opportunity in front of them."

@amangrewal_19:
WhiteCaps have to win in order for them to be the first canadian team to make the #MLS playoffs. *fingerscrossed*

@bbknighton:
3pts and a playoff spot...enough said! #letsgetit @WhitecapsFC

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SCENE

RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home. Queen of reality TV brings former contestants back to avenge their losses and vie for top prize

NED EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?
Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?
I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise — wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Timberlake and Biel by the numbers

THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, according to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

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Parenting

Packing made perfect

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?
A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?
Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?
He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

Chef Dale MacKay and his son Aydan. SUBMITTED

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?
Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something … why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?
That's hard. Some kids certainly don't love fruits and vegetables … but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?
Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

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PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

Updated Peanut Butter and Jelly Sandwich

This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or wholewheat bread

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes, then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont
Age: 25
Occupation: Owner and president of Lake of Bays Brewing Company

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Darren Smith PROVIDED

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people.

We've gone from pale ale to four beers and our aim is to become one of the major players in the beer business, taking our brand across Ontario and eventually across the country.

Action Plan

• Talk to people: As an entrepreneur, it's easy to be filled with enthusiasm to make your idea work. Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

• Do some serious financial sleuthing: See if you can get your hands on the finances of a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how long it took to get established and profitable.

• Abhor fixed costs: In a new business you're building sales and volume and if you have a lot of fixed expenses, it can be really challenging. If you have to deliver your product, contract another company to do the deliveries and when the sales come you can justify buying your own vehicle.

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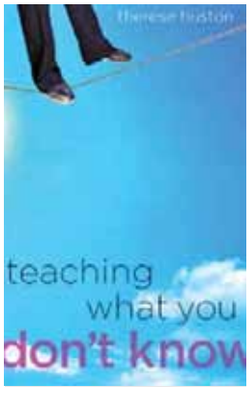
When even the professor is puzzled

Subject sans-knowledge. Author takes a look at learning from the untaught teacher

BRUCE WALSH
life@metronews.ca



While serving as the director of a faculty development centre at Seattle University, Therese Huston noticed a recurrent complaint emerging from professors: "I'm being asked to teach a subject I never studied."

In 2009, Huston authored a self-help manual for profs coping with this dirty little secret of higher education, Teaching What You Don't Know. And, judging by the book's success, it's an all-too-common problem: The second edition will be released this month, and there's already an audio book on the market, perfect for ever-commuting adjuncts.

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material," says Huston. "People were embarrassed to talk about that, but this is when they needed the most help."

Based largely on case studies of 28 professors from a wide range of colleges and universities, Huston tackles the issue from course preparation to final exams. "This is the first book to talk openly about teaching outside of your expertise. Most books assume the opposite. So I had to look at the empirical literature differently to find research that might be relevant."

Education unsure

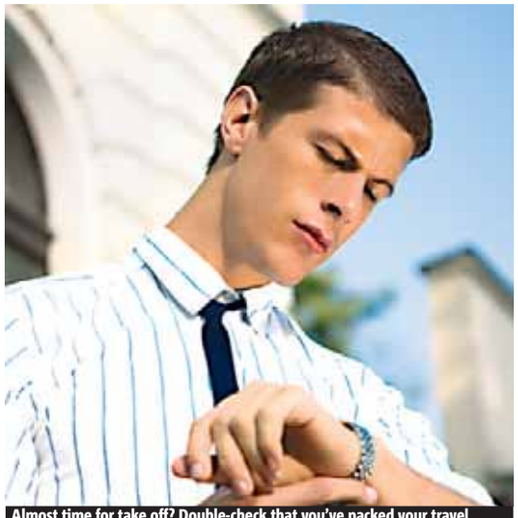
"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material."

Therese Huston
Director of a faculty development centre at Seattle University

'Round-the-world work

Destination desk. Discovering the best ways to do business in a faraway land

It's no surprise that company cost-cutting puts added pressure on business travellers, but that shouldn't mean compromising on comfort. Take a look at these helpful tips from Days Inns Canada to make your next business trip stress-free:


Almost time for take off? Double-check that you've packed your travel documents along with all those work papers. ISTOCK

What to pack
The most important rule for any business traveller is to pack lightly. Be practical and only take items essential to your trip. Review luggage specifications with your carrier and if you do need to check a bag, be sure to have important documents in your carry-on.

Comfort counts
Why not pass on the four-star hotel and go for a two or three-star that provides clean, comfortable rooms, exceptional service and the essential hotel amenities all at a reasonable price? Many hotels offer a free breakfast and most have a fitness room or pool, so you can keep fit on the road.

Get rewarded
Check with the hotel you're considering to see if they offer a loyalty rewards program designed with the traveller in mind. Look for participating partners and you might earn valuable points or miles on every qualified stay.

Keep in touch
It's a good idea to send your business itinerary to a co-worker, friend or relative, so someone will always know your whereabouts. Be sure to carry a cellphone when travelling alone and, of course, sending an email from the road to keep people informed is a good idea.

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Rethink the drink.
Author takes a shot at on-campus alcohol abuse policies

BRUCE WALSH
life@metronews.ca

After studying student alcohol use for more than 15 years, Auburn University professor Christopher J. Correia is encouraging administrators to take the judgmental sting out of their drinking policies.

This week, Wiley publishing will release Correia's latest book — College Student Alcohol Abuse: A Guide to Assessment, Intervention and Prevention —which he hopes will become a new policy model for campuses across the country. "The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate," says Correia.

"There are plenty of students with problems, but they don't all have the same problem.

There are short-term problems, perhaps just one particular night, and then there are longer standing problems. We don't serve students well when we try to treat every problem the same way."

Correia co-authored Student Alcohol Abuse with researchers from the University of Memphis and Brown University, along with input from other prominent drug and alcohol analysts.

"It's a public health issue," says Correia. "We need to move away from abstinence-based, restrictive in-patient solutions, and realize there are lots of other treatment models out there — models that are more reality-based than thinking that college students are never going to drink."

An awesome time sans-alcohol: Learners and liquor aren't as quick to mix as we might think. ISTOCK

Not so quick to mix

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate."
Christopher J. Correia
Auburn University professor

Positive shift

Changes on the horizon

- While alcohol abuse remains a problem, Correia says the situation is improving. "If you look at the numbers of students that engage in binge drinking, or at the numbers of deaths, injuries and accidents, it's hard to be super optimistic. Those numbers have remained fairly stable. However, we are seeing a positive shift: There are more interventions out there that have empirical support. That means administrators can start to have more confidence in their options."

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McCallum still searching for his 'happy place'

CFL. Lions kicker shows signs of 2011 form, going six-for-six in win over Edmonton

CAM TUCKER
cam.tucker@metronews.ca

B.C. Lions head coach Mike Benevides challenged his veteran kicker Paul McCallum during Friday's win over the Edmonton Eskimos. Or maybe it was McCallum challenging Benevides.

This much is certain: Someone was put to the test, and it worked. McCallum, 42, was good on all six of his field-goal attempts — the longest being from 48 yards — in the Lions victory, 39-19, over the Eskimos.

His accurate right foot gave the Lions the lead for good early in the fourth quarter with a 40-yard field goal, before the B.C. offence exploded for a pair of touchdowns to secure the victory and first place in the CFL's West Division.

"I pushed him (Friday) a little bit on purpose," said Benevides, who added earlier in his post-game media scrum that McCallum kicked "out of his mind.

"There was a couple there that I probably didn't have to go for, but he was doing so well, I have to go with it."

A veteran of 20 CFL seasons, McCallum was accurate on 94.3 per cent of his field-goal attempts last year.

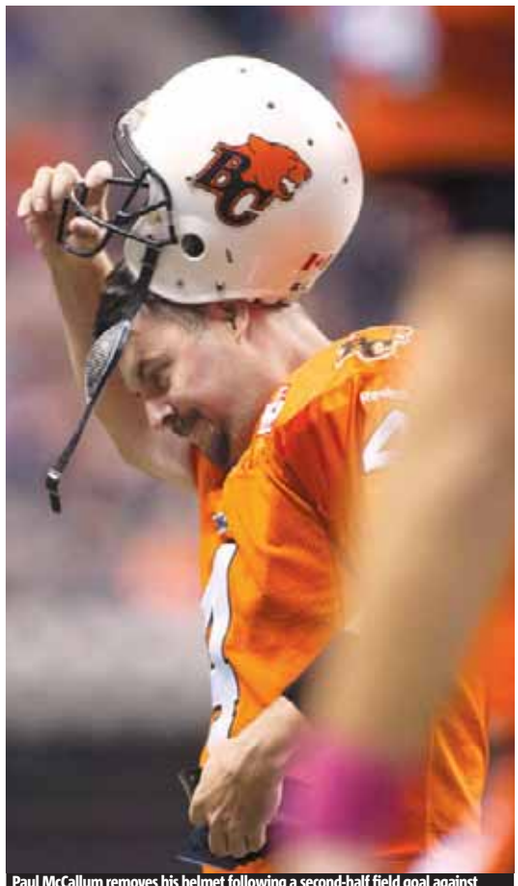
However, his pace has dropped off this season — he's been good on 85.4 per cent of his kicks — and he's endured his share of struggles, namely missing from what should be an automatic 27 yards in Week 13 against those same Eskimos.

McCallum, since that miss, has been tinkering with his technique, trying to find last year's form that not only helped him set the CFL standard for highest field-goal accuracy, but also set a record 30 consecutive field goals made.

"The way I've been hitting the ball lately is just very inconsistent. I've been crossing my body and just not staying down on the ball," said McCallum.

"I know my happy place, for lack of a better word. For me … it's a place I've been before, so I just have to get back to it. It's not like I'm making a change; I'm actually trying to get back to what I feel comfortable doing.

"I actually thought I pushed Mike (Friday). I was razzing him before the game, saying I don't want him to be nervous or anything else."



Paul McCallum removes his helmet following a second-half field goal against Edmonton at BC Place on Friday night. GEOFF HOWE/THE CANADIAN PRESS

MLB. Vogelsong has them singing in San Fran

Ryan Vogelsong and the San Francisco Giants saved their season once more, pushing St. Louis to a winner-take-all Game 7 in the NL championship series.

Vogelsong struck out a career-best nine batters in another post-season gem, and the Giants avoided elimination for a second straight game by beating St. Louis 6-1 on Sunday.

Marco Scutaro delivered a two-run double, and Buster Posey drove in his first run of the series with a groundout in the first inning as San Francisco struck early.

Giants starter Ryan Vogelsong delivers in Game 6 of the NLCS on Sunday in San Francisco. GETTY IMAGES

San Francisco's Matt Cain and St. Louis' Kyle Lohse are set to pitch in Monday's Game 7. THE ASSOCIATED PRESS

NFL

Steelers grind out win on road

Ben Roethlisberger threw one touchdown pass, and the Pittsburgh Steelers overcame their injury-depleted running game to beat the Cincinnati Bengals 24-17 on Sunday night.

The Steelers (3-3) won on the road for the first time this season and improved to 12-2 at Paul Brown Stadium. The Bengals (3-4) fell to 0-6 the last two seasons against Baltimore and Pittsburgh. THE ASSOCIATED PRESS

NHL. Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve a full season, deputy commissioner Bill Daly indicated he felt there was a deal to be made.

Asked Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying, "That's more of a question for the union than it is for me.

"We think there's a framework of a deal on the table," he added.

A number of observers agree after watching the league and NHLPA move closer together in proposals delivered over the last week. THE CANADIAN PRESS

Quoted

"There are multiple frameworks for a deal on the table. We gave them three good ones on Thursday."

NHLPA special counsel Steve Fehr

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Horoscopes

♈ Aries
March 21 - April 20
The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

♉ Taurus
April 21 - May 21
The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

♊ Gemini
May 22 - June 21
Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

♋ Cancer
June 22 - July 23
You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

♌ Leo
July 24 - Aug. 23
No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

♍ Virgo
Aug. 24 - Sept. 23
You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

♏ Scorpio
Oct. 24 - Nov. 22
One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

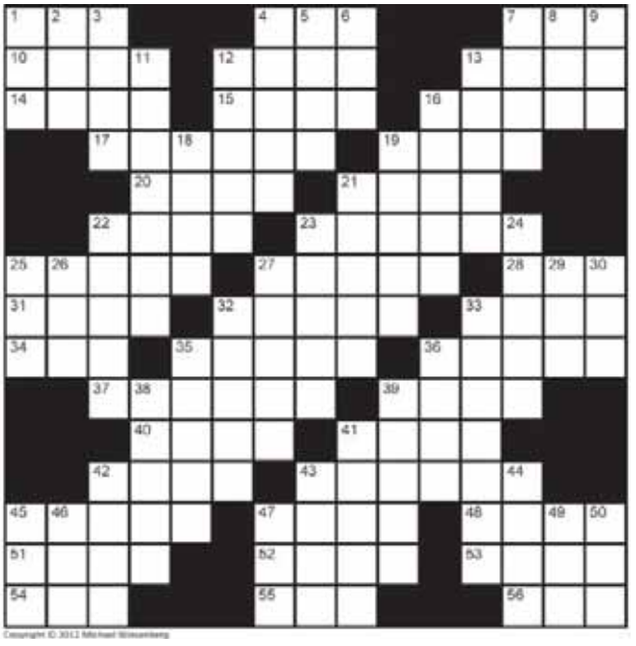
♑ Capricorn
Dec. 22 - Jan. 20
What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

♒ Aquarius
Jan. 21 - Feb. 19
If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

♓ Pisces
Feb. 20 - March 20
You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. SALLY BROMPTON

From a Bank to a Failure

BY MICHAEL WIESENBERG



Across
1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian ___: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. ___ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice ___: in opposite order from that stated
37. Divvied up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse
51. Quaker ___ cereal
52. "___ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down
1. Steal
2. Woman's under-garment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One ___ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive man-oeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts
29. Belly muscles, for short
30. Can. neighbour
32. Liberal ___
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri ___, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" preceder
46. What a dentist wants you to say
47. *I Am* ___: 2001 Sean Penn movie
49. Small battery
50. Failure

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2	4	3			
	2			5			6	
	1	3				4	7	
		7				3		
4		1		2		8		7
		9				1		
	4	8				6	9	
	3			9			1	
			5	8	6			

Friday's Sudoku

Today 10°/6° Partly cloudy
Tuesday 8°/5° Rain 90%
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